

Spring & Summer 2015

Garner Parks, Recreation and Cultural Resources

Discover. Play. Celebrate.



GarnerNC.gov
919.773.4442



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Mission Statement

The Town of Garner Parks, Recreation and Cultural Resources Department aims to improve the quality of life in Garner by offering a diverse system of parks, facilities, programs and cultural resources.



Play.



Discover.



Celebrate.

Town Council

Ronnie Williams, Mayor
Ken Marshburn, Mayor Pro Tem
Kathy Behringer
Buck Kennedy
Jackie Johns
Gra Singleton

Administration

Hardin Watkins, Town Manager
Rodney Dickerson, Assistant Town Manager
John Hodges, Assistant Town Manager

Parks, Recreation and Cultural Resources Advisory Committee

David Jeter, Chair
Amaka Flynn, Vice Chair
Beverly Adams
Sonya Dwyer
Aketa Emptage
Lisa Sullivan
Pamela Taylor
William Tubilleja
Ken Marshburn, Council Liaison
Norma Montgomery, Senior Citizens Advisory Liaison

Senior Citizens Advisory Committee

Shirley Gray, Chair
Mona Parks, Vice Chair
Darlene Duncan
Marilyn Grotheer
Nancy McGrew
Norma Montgomery
Candes Smith
James Thompson



Get in the loop on the latest fun programs and events in Garner by e-mail!

Join at
GarnerNC.gov/eClub



Upcoming Program Guide

Brochures may be picked up at the following locations: Garner Town Hall, Garner Senior Center, Avery Street Recreation Center, Garner Performing Arts Center, White Deer Park, Southeast Regional Library and Garner Chamber of Commerce. An electronic copy of the brochure is available at our website: GarnerNC.gov.

Please look for our 2015-16 Fall and Winter Program Guide in September.

Welcome



Welcome to the Town of Garner Parks, Recreation and Cultural Resources' bi-yearly brochure. In this brochure, you will discover interesting and exciting programs, events and entertainment happening in Garner. We hope that you and your family will utilize many of our award-winning parks and programs to maintain and increase healthy lifestyle opportunities.

Our parks, recreation facilities and the Garner Performing Arts Center offer numerous activities for ages 2 to 55+. Whether your interest is in fitness, athletics, camps, nature, cultural arts, special events or senior activities, we hope that you will take advantage of the endless benefits our programs provide.

I am very proud of our programs, facilities and special events, as well as the level of dedication each staff person (including those in Public Works and the Police Department) exhibits while working to successfully maintain the aesthetics and safety of our parks. We are honored to serve our citizens and will continue striving to give our very best service to patrons and visitors as we provide opportunities for you to **"Discover, Play and Celebrate."**

Sonya R. Shaw, Director
Garner Parks, Recreation and Cultural Resources



Rob Smith
 Assistant Director



Jack Baldwin
 Recreation Center and Programs Manager



Torrey Blackmar
 Recreation Center and Programs Manager



Debbie Dunn
 Cultural Arts and Events Manager



Katie Lockhart
 Outdoor Education and Parks Manager



Marcelle Williams
 Recreation Administrative Specialist

General Contact Numbers

PRCR Administrative Office	919.773.4442
Avery Street Recreation Center and Annex	919.662.5051
Garner Performing Arts Center	919.661.4602
Garner Senior Center	919.779.0122
Lake Benson Boathouse	919.662.5703
White Deer Park Nature Center	919.661.6982
Program Activity Hotline	919.662.5043

Parks, Recreation and Cultural Resources Department Staff Directory

Administration

Sonya Shaw , Parks, Recreation and Cultural Resources Director	919.773.4442	sshaw@garnernc.gov
Rob Smith , Parks, Recreation and Cultural Resources Assistant Director	919.773.4438	rsmith@garnernc.gov
Marcelle Williams , Recreation Administrative Specialist	919.773.4442	mwilliams@garnernc.gov

Arts and Cultural Resources

Debbie Dunn , Cultural Arts and Events Manager	919.661.6972	ddunn@garnernc.gov
Jill McAllister , Events and Box Office Coordinator	919.661.4602	jmcallister@garnernc.gov
Jon Shearin , Theater Services Coordinator	919.661.6988	jshearin@garnernc.gov

Youth and Athletics

Jack Baldwin , Recreation Center and Programs Manager	919.662.5051	jbaldwin@garnernc.gov
Jim Rogers , Recreation Activities Specialist	919.661.6987	jrogers@garnernc.gov

Adult and Senior

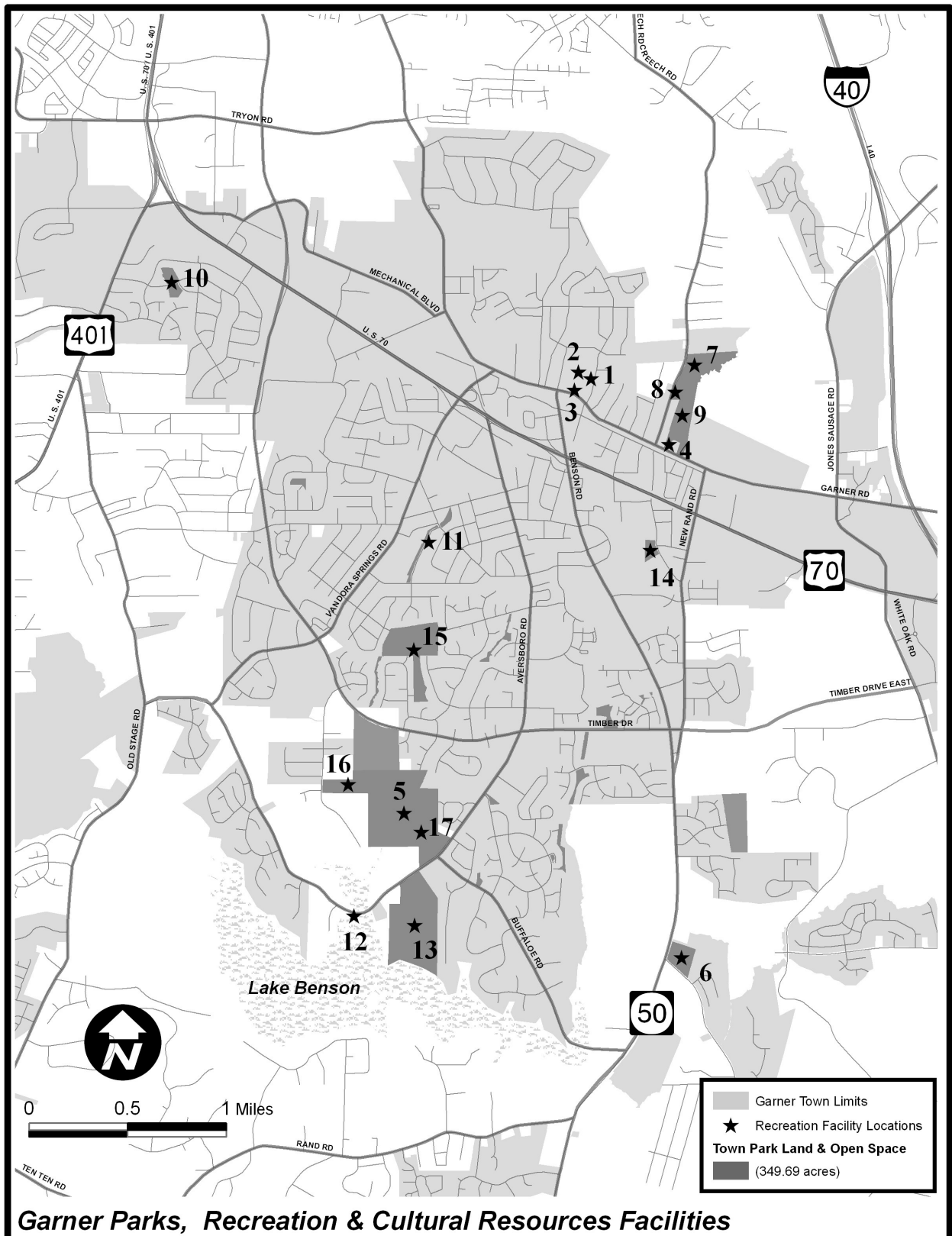
Torrey Blackmar , Recreation Center and Programs Manager	919.661.6890	tblackmar@garnernc.gov
Nancy Hulbert , Recreation Specialist-Seniors and Adults	919.661.6893	nhulbert@garnernc.gov

Outdoor and Adventure

Katie Lockhart , Outdoor Education and Parks Manager	919.661.6892	klockhart@garnernc.gov
Kendrick Mayes , Marketing and Events Coordinator	919.773.4441	kmayes@garnernc.gov

Key to Garner Parks, Recreation and Cultural Resources Facilities and Parks			Size (Acres)	Shelters	Grills	Kitchen	Meeting Rooms	Restrooms	Playground Access	Walking Trail Access	Baseball/Softball Field	Tennis Courts	Basketball	Boat Rental	Fishing	Football Field	Mountain Bike Trail	Multipurpose Field	Soccer Field
	Recreational Facilities:																		
1	Avery Street Park, Recreation Center	125 Avery Street					X	X	X				X						
2	Avery Street Recreation Center Annex	201 Avery Street					X	X	X										
3	Garner Performing Arts Center	742 West Garner Road					X	X											
4	Garner Senior Center	205 East Garner Road				X	X	X											
5	White Deer Park Nature Center	2458 Aversboro Road					X	X	X	X									
	Parks:																		
6	Centennial Park	1015 New Bethel Church Road	10	1	X			X	X	X									X
7	Creech Road Elementary School Park	400 Creech Road	17	1	X			X	X	X	X							X	
8	Creech Road Tennis Courts	190 Creech Road										X							
9	Garner Recreational Park	221 East Garner Road	20		X			X	X	X	X						X		
10	Greenbrier Park	613 Winterlochen Drive	3	1	X				X										
11	Jaycee Park	1300 Vandora Springs Road	4	1	X				X										
12	Lake Benson Boathouse	975 Buffaloe Road	.34					X						X	X				
13	Lake Benson Park	921 Buffaloe Road	64	4	X			X	X	X									
14	Rand Mill Road Park	608 Rand Mill Road	13	1	X			X	X		X		X						
15	South Garner Park	1210 Poole Drive	15					X	X	X	X	X							X
16	Thompson Road Park	550 Thompson Road	12													X		X	
17	White Deer Park	2400 Aversboro Road	96	5	X		X	X	X	X									

Facility Map



Policies

3 Easy Ways to Register

1. Online Registration

You may register for programs online at **GarnerNC.gov**. Visit the website for step-by-step instructions to complete online registration.

2. Mail-In Registration

Complete the registration form on page 7, then mail form with payment to:

Garner Parks, Recreation and Cultural Resources
900 Seventh Avenue
Garner, NC 27529

3. Walk-In Registration

In-person registration is available at the following locations:

Town Hall, Building B
Mon-Fri 8am-5pm

Garner Senior Center
Mon-Thu 8am-8pm
Fri 8am-5pm

Avery Street Recreation Center
Mon-Thu 2:30-8pm
Fri 2:30-5pm

White Deer Park Nature Center
April-September:
Tue-Sat 10am-7pm
October-March:
Tue-Sat 12-5pm

Garner Performing Arts Center
Mon-Fri 1:30-5pm

Non-Discrimination Policy

Garner Parks, Recreation and Cultural Resources is committed to providing inclusive programming and events for all residents of Garner and its surrounding areas, regardless of income, cultural background, mental or physical barriers, age or gender. In order for individuals with disabilities to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. Please alert the appropriate program supervisor if you or anyone in your family requires modifications prior to your arrival at a program or event.

Fees and Payment Options

Payment is due at time of registration. We accept cash, checks, money orders and most major credit cards. Please make all checks payable to the Town of Garner. Registration will not be taken over the phone.

Inclement Weather Policy

During inclement weather that creates dangerous or hazardous conditions, the Garner Parks, Recreation and Cultural Resources Department will post program and park updates on its website, GarnerNC.gov, and on the program activity hotline, 919.662.5043. When looking for weather information on the website, please select the Parks, Recreation and Cultural Resources Department page.

The department will no longer follow the closing schedules of area schools.

Residents may also contact individual recreational facilities to check on current status.

The department will work with rental groups on a case-by-case basis but reserves the right to cancel a rental reservation if the facility cannot be safely accessed.

In all cases, participants are requested not to participate in any recreational activity that they consider dangerous or unsafe for any reason, including weather. Program Activity Hotline is 919.662.5043.

Fee Policy

Throughout this program guide you will notice many programs have different fees for Town of Garner residents and non-residents. The Parks, Recreation and Cultural Resources Department is an agency of the Town of Garner and receives municipal tax revenue paid by residents living inside the corporate limits of the Town. Others who live outside the corporate limits are charged a higher rate for participation in our programs because they do not pay Town taxes.

The policy for application of this fee differential is as follows: You must **live** inside the corporate limits of Garner **at the time** of your registration in order to be charged the Town of Garner resident rate. All others will be charged the non-resident rate.

Financial Assistance

In order to assist the children of families with limited financial resources, the Town of Garner has established a financial assistance program. Children of Town residents who are under the age of 18 may qualify for a 50 percent fee reduction of the program registration fee for programs with a fee of \$20 or more.

Registration Deadlines

Adult and Senior Programming: The deadline to register for any adult or senior program is five calendar days prior to the start of the program.

Youth, Preschool and Family Programming: The deadline to register for any preschool, youth or family class is seven calendar days prior to the start of the program.

Summer Camp: The deadline to register for summer camp is the Thursday prior to each Monday of camp.

Athletic Leagues: The registration deadline for all youth and adult athletic leagues is the night of the league meeting.

Picnic Shelters: The deadline to reserve a picnic shelter for the weekend is Wednesdays at 5pm.

Refund Policy

For all programs, classes and athletic leagues, a 100 percent refund will be issued if the program is cancelled by the department.

For picnic shelters, no refunds will be given for inclement weather or cancellations less than 12 days prior to reserved date. **A \$5 refund fee will be charged** for all cancellations made prior to the deadline.

For classes and programs, all refund requests received at least 7 days prior to the beginning date are entitled to a refund issued by credit card or check. **A \$5 refund fee will be charged.**

For adult and youth athletic leagues, all refund requests received prior to the player evaluations or team meetings are entitled to a refund issued by credit card or check. **A \$5 refund fee will be charged.**

No refunds will be issued for requests received after the registration deadline or for programs \$5 and under.

Medical hardship-based refunds will be evaluated on a case-by-case basis by the Parks, Recreation and Cultural Resources Department staff.

A \$25 service charge will be charged for all returned checks.

In special circumstances, fees may be transferred to another Parks, Recreation and Cultural Resources program. Ask a department representative to determine if this option is available.

Garner Parks, Recreation and Cultural Resources Program Registration Form:

Household Information: ☐ Town Resident ☐ Non-Resident

Adult Participant or Parent Information: Secondary Parent Information:

First Name Last Name First Name Last Name

Address Address

City State Zip Code City State Zip Code

Home Phone: Work Phone: Home Phone: Work Phone:

Email Address:

Emergency Contact: Relationship :

Home Phone: Work Phone: Cell Phone:

Registration Information:					Payment is due at the time of registration.					Cash	Check #	Money Order	Credit Card
	First Name	Last Name	Birth Date	Age	Sex	Program Name	Dates/Time	*T-Shirt Size	Fee	Account Number (For Office Use)			
1													
2													
3													
4													

Address: Activity Registration, 900 Seventh Avenue, Garner, NC 27529

TAL: TO- /

Warning, Liability Release, Acknowledgment & Assumption of Risk: *T-shirt size for programs with shirts provided.

I understand that participation in this recreation program involves risk of injury or loss of property. These risks include but are not limited to collision with other participants, being hit by ball or bat, allergic reaction, theft, tripping or falling, contact with other participants that may have infectious (communicable) diseases, physical exertion or other accidents. I further understand that before participating in this or any program, I should consult a physician for advice. By signing this form, I acknowledge all risks of loss, injury or death and affirm that I am willing to assume responsibility should loss, injury or death result from them. I also agree to follow all rules and procedures of the program and to follow reasonable instructions of the teachers and supervisors of the program. Furthermore, in return for the opportunity to participate in this program, I agree for myself, and for my heirs, assigns, executors and administrators, to waive any legal rights I may have to seek payment from the Town, its employees or its agents for bodily injury, death or other loss resulting from this program, and to release those parties from any liability for damages resulting from the loss, injury or death. I understand that no insurance coverage is provided by the Town of Garner.

Permission to Use Image:

I grant the Town of Garner permission to use, for any legitimate reason, any photographs, motion picture or recording of my participation in this activity.

Participant Signature or Signature of Parent/Guardian if Child is Under 18:

Date:

Special Events

Special Events

Spring Eggstravaganza

Lake Benson Park

Our annual Spring Eggstravaganza is a free family event that includes entertainment, games, crafts, food vendors and more. Be sure to bring your camera to get a picture with the Easter Bunny before the egg hunts. A full schedule of events will be available on our website at GarnerNC.gov.

FREE

Sat Mar 28 10am-1pm

Memorial Day Observance

Garner Veterans Memorial

The Town of Garner, Garner Veterans' Advisory Committee, Veterans of Foreign Wars Post 10225 and American Legion Post 232 will host a Memorial Day observance at the Garner Veterans Memorial at Lake Benson Park.

FREE

Mon May 25 1:30pm

Get Involved!

We offer many ways for citizens and businesses to get involved in Town of Garner programs and special events. Please contact Jill McAllister at jmcallister@garnernc.gov or 919.661.4602 to find out how you can be part of the action!

Pet Policy

For purposes of public safety, the Town of Garner does not allow guests to bring pets to any Town-sponsored special events. Exceptions apply for trained service animals.

Garner's Town Ordinances require that all pets be leashed when in parks. For the safety and consideration of all park visitors, please keep your pets leashed and under your control while in the parks.

Independence Day Celebration

Lake Benson Park

Join us as Garner and its neighbors come together to celebrate our nation's independence! Enjoy musical entertainment from the North Carolina Symphony, who will play a rousing patriotic program. Children's inflatables and games will be available from 5 to 8pm. Local nonprofit groups will sell food and other refreshments. The evening concludes with a spectacular fireworks show. Shuttles will be available to provide transportation to and from the park. Visit our website at GarnerNC.gov for more information.

FREE

Fri Jul 3 5pm

Carnaval Latino

Garner Performing Arts Center Back Lawn

Experience the richness and diversity of our community at Carnaval Latino. Dance to live music, taste authentic foods, shop for arts and crafts and learn about health and education opportunities. Children will enjoy hands-on activities and crafts.

FREE

Sun Sep 13 1-4pm

Town of Garner's Annual

Independence Day Celebration

featuring the North Carolina Symphony



Friday, July 3

Gates open at 5pm

Picnics welcome! Beach umbrellas welcome until NC Symphony begins.

In order to maintain a safe and secure environment, the following items are prohibited: Alcoholic Beverages, Glass Containers, Gas or Charcoal Grills, Fireworks (including sparklers), Pets, Tailgating, Tents or Canopies

Lake Benson Park

921 Buffaloe Road, Garner, NC 27529



Performing Arts Center

Towne Players of Garner

"The Dixie Swim Club"

Garner Performing Arts Center

Five Southern women, whose friendships began many years ago, set aside a long weekend every August to recharge those relationships. A heartwarming comedy about friendships that last forever. Written by Jessie Jones, Nicholas Hope and Jamie Wooten.

Tickets:

Individual: \$15

Fri-Sat	Apr 17-18	8pm
Fri-Sat	Apr 24-25	8pm
Sat	Apr 18, 25	2pm

Theater Production Camp

Garner Performing Arts Center

(Ages 12-19) The Towne Players partner with the Town of Garner to present a summer show annually. Interested teens must audition for a role in the show. If chosen, the teen will participate in an exciting and intensive 5-week rehearsal period, culminating in a presentation of *Shrek The Musical Jr.* There is no fee for this camp, but teens must audition for a spot to participate. For more information, visit www.towneplayers.org. Max: 35

Auditions Apr 27-28 6pm

Camp Dates
Mon-Thu Jul 6-Aug 5 7-9:30pm

Shows
Aug 6-8 8pm
Aug 8 2pm

Theater Basics Camp

Garner Performing Arts Center

(Ages 5-11) Each summer, The Towne Players partner with the Town of Garner to provide a 4-week summer theater camp. Children will learn theater basics, which they apply to the summer show, *Shrek The Musical Jr.* The children join with the teens during the final week of the camp to rehearse their featured numbers in the show.

Resident: \$107

Non-Resident: \$132

Camp Dates
Mon-Thu Jul 13-Aug 5 5-6:50pm

Shows
Aug 6-8 8pm
Aug 8 2pm

Club L'Ecole Membership

Garner Performing Arts Center

We invite you to support the performing arts in Garner by becoming a member of Club L'Ecole. Membership includes your name listed in the playbill as an arts supporter and invitation to members-only social gatherings. Your donation also keeps tickets affordable for all members of our community, including children who might otherwise not experience the joy of theater. Please contact the Garner Performing Arts Center at 919.661.4602 for more information.

"Shrek The Musical Jr."

Garner Performing Arts Center

It's a "big bright beautiful world" for everyone's favorite ogre in the hilarious stage spectacle, part romance and part twisted fairy tale, an irreverently fun show for the whole family. Music by Jeanine Tesori; Book and Lyrics by David Lindsay-Abaire; Based on Dreamworks movie & book by William Steig.

Tickets:

Individual: \$15

Thu-Sat	Aug 6-8	8pm
Sat	Aug 8	2pm

Lobby Exhibits

Victoria Powers

Garner Performing Arts Center

Powers graduated from the University of North Carolina with a B.A. in Art Education with a painting focus. She lives in Raleigh and is a multi-media artist who has exhibited professionally since 1988. She is a National Board for Professional Teaching Standards certified Art Specialist and teaches at Wiley International Studies Magnet School in Raleigh. In 2009, Powers received the NC Art Educators Association Elementary Teacher of the Year Award for the state of North Carolina.

FREE

Exhibit Dates: Mar 1-Apr 15

Garner Magnet High School

Garner Performing Arts Center

The Garner Magnet High School Fine Arts Department will present their 8th annual art exhibit featuring a variety of artistic talent demonstrated by GMHS students.

FREE

Exhibit Dates: Apr 16-May 30

Garner Arts League

Garner Performing Arts Center

The Garner Arts League is a group of amateur artists that meets monthly to share ideas and to discuss and critique their current works. They will present the summer art exhibit entitled "Small Treasures."

FREE

Exhibit Dates: Jun 1-Jul 15

Stuart Madey

Garner Performing Arts Center

Madey works in oil and uses canvas and wood panels. His art is a study in the individual musician's character and shows the personal nature of the subject. His interest in jazz, blues and folk music is reflected in his work.

FREE

Exhibit Dates: Jul 16-Aug 30

Andrés Sánchez De Tagle

Garner Performing Arts Center

Andres is a brilliant artist from Mexico. He will share his works with the Garner Performing Arts Center lobby gallery as a part of Carnaval Latino.

FREE

Exhibit Dates: Sep 1-Oct 30



Like Garner Performing Arts Center on Facebook to keep up with events and other news!

Performing Arts Center

It's Showtime!

Balsam Range

Garner Performing Arts Center

Winner of the coveted 2014 International Bluegrass Music Association (IBMA) Entertainer of the Year award, Balsam Range brings their award winning acoustic bluegrass show to the GPAC on Saturday, March 21. The group consists of five members: on fiddle and lead tenor is the 2014 IBMA Male Vocalist of the year Buddy Melton; on mandolin and vocals, Darren Nicholson; on stand up bass, dobro and vocals, Tim Surrent; on guitar and vocals, Caleb Smith; and on banjo, Dr. Marc Pruett. In addition to Entertainer of the Year, the group was also awarded the 2014 IBMA Vocal Group of the Year.

Tickets:

Advance \$15
At Door \$17.50

Sat Mar 21 7:30pm

War at Your Door

Garner Performing Arts Center

War at Your Door is a historical musical drama about events in Garner and the surrounding community on April 12 and 13, 1865. The well-researched 75-minute production tells the story of Garner residents in the Civil War and is presented as a commemoration of the 150th anniversary of the surrender of Raleigh. Using diaries and first-person accounts as a primary source, War at Your Door gives insights into the darkest days in American history. War at Your Door is filled with the songs of the Civil War as performed by The Hall Sisters, Dana Stephenson Dixon, Jonathan Rand and others. The production benefits Community of Hope.

Tickets:

Individual: \$12

Thu Apr 9 7:30pm
Fri Apr 10 7:30pm



New Ticketing System

Nobody grows like Garner, and as part of that growth, we are seeing our performing arts center flourish as a cultural hub for the community. In light of this success, we have partnered with Etix, an international, web-based ticketing service provider. Headquartered in Morrisville, NC, the Etix partnership will provide more flexible and secure online and box office ticketing for our customers. Please contact the Garner Performing Arts Center at 919.661.4602 if you have any questions about this new system.



Shadows of the 60's

Garner Performing Arts Center

Shadows of the 60's pays tribute to the tremendous legacy of The Four Tops, Temptations and Supremes. In this tribute production show, Shadows of the 60's perform the hits that span several decades. Great care is taken to reproduce the music, note for note and in the original keys and arrangements. Relive memories and enjoy the excitement of the 60's with our Tribute to Motown's super groups. Stunning choreography and costumes! Two dynamic groups on one stage with a grand finale featuring the music of Motown's Smokey Robinson, Marvin Gaye, Stevie Wonder, Gladys Knight, Martha Reeves, Junior Walker and more! Be sure to bring your friends and family and join us for a night of musical pleasure. This is truly a concert for everyone!

Tickets:

Advance \$20
At Door \$24

Sat May 2 7:30pm



Tickets can be purchased online at GarnerPerformingArtsCenter.com, by phone at 919.661.4602 or by visiting the GPAC Box Office located at 742 West Garner Road Mon-Fri. 1:30-5pm.

Please note that ticket prices may not include tax. The state of North Carolina requires a 6.75% tax be added to all ticket purchases.

Outdoor

Preschool Nature

Toddler Nature Time

White Deer Park Nature Center

(Ages 2-3) Discover the natural world through stories, games, crafts and short hikes. An adult must accompany children at all times. Pre-registration is required. Please dress for the weather. Min: 4 Max: 12

Resident: \$6
Non-Resident: \$8

2nd Thu Apr-Sep 10-11am

Preschool Nature Camp

White Deer Park Nature Center

(Ages 4-5) This three-day camp explores nature with games, crafts and hikes. Discover plants, trees, animals and more at White Deer Park! Min: 6 Max: 15

Resident: \$35
Non-Resident: \$45

Tue-Thu Aug 18-20 9-11am

Youth Nature

Discovery Days

White Deer Park Nature Center

(Ages 6 & Over) Homeschoolers and students who are tracked out are invited to the Nature Center for discovery games and hands-on experiments. Explore science and nature at self-guided stations designed for interactive learning between parent and child. An adult must accompany children at all times.

FREE

Thu Apr 2 Wonders of Weather 10am-12pm
Thu May 7 Reptile Rendezvous 10am-12pm
Thu Sep 3 Mammal Mania 10am-12pm

Eco-Explorers

White Deer Park Nature Center

(Ages 6 & Over) Come join our educators for guided hikes and games that explore the theme of the previous Discovery Day.

FREE

Thu Mar 19 10-11am
Thu Apr 16 10-11am
Thu May 21 10-11am
Thu Sep 17 10-11am

Youth Nature Camp

White Deer Park Nature Center

(Ages 6-9) This weeklong camp features nature exploration, science experiments, crafts, games and more. Early drop-off starts at 7:30am; after-care is available until 6pm. Min: 6 Max: 15

Resident: \$165
Non-Resident: \$190

Mon-Fri Jul 13-17 9am-4pm

Southeast Regional Library Summer Reading Program Comes to White Deer Park!

While the Southeast Regional Library undergoes renovations, White Deer Park will be the temporary home of the Summer Reading Program on Fridays from 1pm to 5pm. The Bookmobile will also be on site. Programs will be held in the Nature Center classroom.

Family Storytime

Fri May 22-Jul 31 1:30-2:30pm
No programs 5/29, 7/3, 7/17
(Bookmobile will still be on site 5/29 and 7/17)

School Age Super Specials

Fri May 22-Jul 31 3-4pm
No programs 5/29, 7/3, 7/17
(Bookmobile will still be on site 5/29 and 7/17)

Youth/Adult Outdoor

NC Boating Education Class

White Deer Park Nature Center

(Ages 12 & Over) Taught by officers from the NC Wildlife Resources Commission, this 6-hour course covers information about boat operation, legal requirements and handling emergencies. Participants ages 14-16 will become certified to operate a personal watercraft in North Carolina. For more information, including how to register, call NC Wildlife at 919.707.0031 or visit them online at www.ncwildlife.org.

Fee: Contact NC Wildlife Resources Commission

Mon-Tue May 18-19 6-9pm
Mon-Tue Jul 20-21 6-9pm

White Deer Work Days

White Deer Park

(Ages 14 & Over) Help take care of White Deer Park and Lake Benson Park by joining our new parks volunteer corps. Volunteers will meet with park staff the second Saturday of each month to work on various projects like litter cleanup, trail maintenance, weeding and planting. No experience or equipment necessary. Work Days will meet rain or shine. Groups welcome! Pre-registration is encouraged but not required. Meet at Holly Shelter.

FREE

2nd Sat Apr-Sep 8:30-10am



Like White Deer Park on Facebook to keep up with programs, events and other news!



Big Sweep/Litter Sweep

White Deer Park Nature Center

(Ages 12 & Over) Help keep Garner green! Volunteers are needed to help clean the streets of Garner as well as the watershed and shore of Lake Benson. Pre-registration is encouraged but not required. On-site registration begins at 8:30am. All volunteers receive breakfast and supplies for cleanup.

FREE

Sat Apr 18 9-11am

Tree Camp

White Deer Park

(Ages 55 & Over) A 2-hour leisurely walk around White Deer Park with herbalist Dave Owen. We will study the diversity of our native trees using a Piedmont tree checklist, focusing on their importance ecologically and aesthetically and their use as traditional herbal medicine in making twig bark teas. Need to be able to stand for 2 hours and walk 2 miles. Registration deadline April 13. Min: 6 Max: 24

Resident: \$18
Non-Resident: \$24

Thu Apr 23 10am-12pm

Nature Photography Basics

White Deer Park Nature Center

(Ages 10 & Over) Bring your camera for a fun morning of learning and shooting. The class will start with a review of the basics of camera operation and composition. Participants will then receive a fun assignment to shoot near the Nature Center. A review of the images captured will complete the morning. Min: 6 Max: 12

Resident: \$30
Non-Resident: \$39

Sat Apr 25 9-11am

Outdoor

Yoga in the Park-Saturday Morning

White Deer Park Nature Center

(Ages 16 & Over) This is a class geared to new yoga participants. Class will be held outside on the Nature Center Learning Deck, weather permitting. Otherwise, we will be inside the Nature Center Classroom. Please bring a mat and water bottle to class. Min: 10 Max: 30 (4 weeks)

Resident: \$56
Non-Resident: \$74

Sat	May 16-Jun 13	10-11am
	Jul 18-Aug 8	10-11am
	Sep 12-Oct 3	10-11am

No Class: May 23

Yoga in the Park-Saturday Morning Drop-In Class

White Deer Park Nature Center

(Ages 16 & Over) Not sure you want to sign up for the series? Try our drop-in option! Please bring a mat and water bottle to class. Max: 30

Resident: \$5
Non-Resident: \$7
Pay at the door (correct change appreciated)

Sat	May 9	10-11am
Sat	July 11	10-11am
Sat	Aug 29	10-11am

Adult CPR/AED/First Aid

White Deer Park Nature Center

(Ages 12 & Over) This comprehensive course teaches students how to recognize and care for cardiac emergencies as well as how to provide basic first aid treatment for bleeding, burns, sudden illness and more. Bring lunch. All equipment will be provided. Min: 5 Max: 8

Resident: \$35
Non-Resident: \$45

Sat	Jun 20	9am-4pm
Sat	Jul 18	9am-4pm
Sat	Aug 15	9am-4pm
Sat	Sep 19	9am-4pm

Family Programs/Events

North Carolina Arbor Day

White Deer Park Nature Center

(Family Program) Celebrate North Carolina Arbor Day by stopping by the Nature Center for a free sapling. This year's tree is the Black Walnut, best known for the rich chocolate-brown color of its wood, which is often used for fine furniture and cabinetry. The nuts are flavorful and are a favorite for squirrels!

FREE

Fri	Mar 20	12-5pm
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Night Hikes

Lake Benson Park

(Family Program) Join us to explore the world that comes alive after the sun goes down. Pre-registration is required. Meet at Lake Benson Shelter #1. Min: 2 families Max: 8 families

Resident family: \$5
Non-Resident family: \$7

Fri	Mar 20	7-8pm
Fri	Apr 24	7:30-8:30pm
Fri	May 22	8-9pm

Spring Eggstravaganza

Lake Benson Park

(Family Program) Our annual Spring Eggstravaganza is a free family event that includes entertainment, games, crafts, food vendors and more. Be sure to bring your camera to get a picture with the Easter Bunny before the egg hunts. A full schedule of events will be available at GarnerNC.gov prior to the event.

FREE

Sat	Mar 28	10am-1pm
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Bicycle Rodeo

White Deer Park

(Family Program) Join us for this free bike safety event, where kids can learn basic cycling skills and the rules of the road from the Garner Police Department. The Garner Optimist Club will be providing helmet safety inspections and helping get bicycles in great riding condition for safe summer riding. Activities will be held at Homestead and Sweetgum Shelters.

FREE

Sat	May 2	8:30am-12pm
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Friday Family Flicks and Camping

Lake Benson Park

(Family Program) Enjoy a family-friendly movie at beautiful Lake Benson Park. Bring your own food or purchase concessions on site. Or both! Families are invited to bring tents and spend the night for a fee. Pre-registration for camping is required.

Movie
FREE

Camping
Resident: \$12/family
Non-Resident: \$15/family

Fri	May 8	8pm
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Monsters University
Rain location: Avery Street Recreation Center

Fri	Jun 12	8:30pm
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SpongeBob: Sponge Out of Water
Rain location: Avery Street Recreation Center

Picnic with Professionals

White Deer Park

Pack a picnic and meet some very special guests (with some very cool toys!) at the Holly Shelter at White Deer Park.

FREE

Garner Police Department

Learn what Police Officers do and check out the back of a squad car!

Wed	May 27	11am
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WakeMed Mobile Critical Care Services Transport Team

Meet people who are trained to take care of sick and injured people and see the inside of an ambulance!

Wed	Jun 3	11am
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Garner Public Works

Meet some of the hardest working people in the Town of Garner. They will be bringing big trucks and other equipment!

Wed	Jun 10	11am
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Garner Fire-Rescue

Meet members of Garner's volunteer fire department and explore their big red truck!

Wed	Jun 17	11am
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Great American Backyard Campout

Lake Benson Park

(Family Program) Celebrate the 10th anniversary of the National Wildlife Federation's Great American Campout by spending a night under the stars at Lake Benson Park. A scavenger hunt and other family activities will be available throughout the evening.

Resident: \$12/family
Non-Resident: \$15/family

Sat	Jun 27	6pm-8am
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Outdoor

Environmental Education Group Programs



Bring your club, class, Scouts group, civic organization or other group to the White Deer Park Nature Center for one (or more!) of our fun, educational group programs. Choose from one of our existing programs, or let us customize a program to your requirements. We provide games, experiments and nature exploration to introduce students of all ages to the wonders of our fields, forests and wetlands.

Beginner Birdwatching: Learn the colors, shapes and songs of our native birds. Use binoculars and books to name birds. [Grades K-5](#)

Build A Beaver: Turn a student into a beaver while learning how these amazing creatures live and thrive in the pond. [Grades K-5](#)

Home Sweet Habitat: Hike to discover how plants and animals make the homes they need in our streams and fields. [Grades K-5](#)

Insect Adventures: Discover insects! Learn why we need them, name the parts of an insect, and collect insects in the field. [Grades K-3](#)

Insect Investigations: Collect insects with jars and nets, identify and classify your catch and discover insects' roles in the ecosystem. [Grades 4-8](#)

Landforms: Learn the origins of North Carolina's mountains, piedmont, and coastal plain and how rock and water cycles shape the land. [Grades 3-8](#)

Lifecycles: Discover similarities and differences between butterflies and frogs. How do they become adults? [Grades K-3](#)

Meet the Animals: Learn about the Nature Center's live and mounted animals through hands-on interaction, observation and games. [Grades PreK-8](#)

Native Animal Adaptations: Find out how animals' feet, teeth and fur help them live in the wild. Explore the park for signs of wildlife. [Grades K-8](#)

Oh Deer!: Meet our white deer! Find out why the deer is white, and look for deer living in our woods. [Grades K-5](#)

Owl Odyssey: Discover these nocturnal hunters through mounts, feather comparisons and owl pellet dissection (\$0.50 extra per pellet). [Grades 1-8](#)

Soil Sleuths: Get the "dirt" on dirt! Dig into hands-on experiments to learn how rocks, air and water become soil and support life on earth. [Grades K-8](#)

The Story of Trees: Act out the parts of a tree, learn how trees eat and use a slice of a tree to tell its life story. Hike to meet our trees. [Grades K-3](#)

Water Quality: Investigate different types of water pollution and test water quality at Lake Benson. [Grades 3-8](#)

Wonders of Water: Explore sustainable water technology! Tour rain gardens and water cisterns with games and experiments. [Grades K-8](#)

Contact our environmental educators at 919.773.4435 or WDPeducation@GarnerNC.gov. Our programs are curriculum-approved and are perfect for teachers who want to provide their students with education in the field, Scout leaders helping their troop earn badges or families looking for a unique way to celebrate a child's birthday.

Outdoor

Special Use Areas



Garner Veterans Memorial

921 Buffalo Road

Located at Lake Benson Park, the Garner Veterans Memorial is a tangible example of Garner citizens' commitment to honoring those who have served and those who made the ultimate sacrifice. The Memorial, which serves as the site for the Town's Memorial Day observance and as a gorgeous backdrop to the fireworks display at the Independence Day Celebration, was dedicated in May 2013. Over half a million dollars was raised by local citizens, churches, businesses and civic organizations to provide a place where veterans from all over the world can be honored.

The Memorial is open daily during park hours (sunrise to sunset). Tours are available upon request. Contact Katie Lockhart at 919.661.6892 or klockhart@GarnerNC.gov to set up a tour for your family, class, club or other interested party. Tours are led by trained docents and are free.

Lake Benson Boathouse

975 Buffalo Road

Lake Benson is a 364-acre water resource known for its excellent bass and crappie fishing. The Lake Benson Boathouse has jon boats with or without trolling motors and batteries available for rental. Canoes are also available to rent. Senior citizens (55+) are entitled to a 50% discount on full day boat rentals. Come experience Garner's best kept fishing secret!

2015 Boathouse Hours of Operation:

March 13-June

Fri 12-7pm
Sat 7am-7pm
Sun 12-7pm

July-August

Sat 7am-7pm
Sun 12-7pm

September-October 25

Fri 12-7pm
Sat 7am-7pm
Sun 12-7pm



Welcome to Our
D G PARK

North Garner Dog Park

Garner's newest park has gone to the dogs! As part of the Town's Parks and Recreational bonds, Garner's first dog park is being built at Garner Recreational Park at 221 East Garner Road. The half-acre park will be finished in Spring 2015. We look forward to seeing you and your furry friends at the new park! (Please note this is the only park where dogs are allowed off leash.)

Reminder: Dogs must remain on leash in all Town of Garner parks except North Garner Dog Park.
(Town of Garner Ordinance No. 3630 §1, 8-1-11, 3-14)

Preschool

Drop-In Programs

Pre-registration is not required for drop-in programs. Parents or guardians must stay for the duration of the program.

Preschool Open Gym

Avery Street Recreation Center

(Ages 2-5) Meet new friends and join the fun at the Avery Street Gym. We will provide plenty of things to play with and climb in, around and over.

Resident: \$2
Non-Resident: \$3

Tue Apr 7-May 26 10-11am

Specialty

Pirate Treasure Hunt

Avery Street Annex

(Age 3-5) Get ready to search for the loot! Each pirate will make a craft and search for hidden treasure. Min: 6 Max: 12

Resident: \$8
Non-Resident: \$10

Tue Apr 7 6-6:45pm

Princess Tea Party

Avery Street Annex

(Ages 3-5) Enter a world of imagination as we gather for a royal tea party! Wear your favorite princess dress as we make craft projects and enjoy a snack. Min: 6 Max: 12

Resident: \$8
Non-Resident: \$10

Tue Apr 21 6-6:45pm

Mother's Day Gifts

Avery Street Annex

(Ages 2-5) Come out and make your mother a gift. This homemade gift will show mom just how special she is. Min: 6 Max: 12

Resident: \$8
Non-Resident: \$10

Tue May 5 6-6:45pm

Fun with Fingerpaint

Avery Street Annex

(Ages 2-5) Learn messy (and fun) painting techniques. Don't forget your smock or old clothes. We will get messy! Min: 6 Max: 12

Resident: \$8
Non-Resident: \$10

Tue May 12 10-10:45am

Jewelry Making

Avery Street Annex

(Ages 2-5) Join us as we make bracelets and necklaces out of a variety of materials. Min: 6 Max: 12

Resident: \$8
Non-Resident: \$10

Tue May 19 6-6:45pm

Father's Day Gifts

Avery Street Annex

(Ages 2-5) Come make gifts for dad, just in time for Father's day. Min: 6 Max: 12

Resident: \$8
Non-Resident: \$10

Tue Jun 9 6-6:45pm

Crazy Chemistry

Avery Street Annex

(Ages 3-5) Chemistry can be fun and messy! We will make goop and other cool chemistry projects. Min: 6 Max: 12

Resident: \$8
Non-Resident: \$10

Tue Aug 25 6-6:45pm

Dynamite Dinosaurs

Avery Street Annex

(Ages 3-5) Join us for a dinosaur dig and help unearth fossils! Min: 6 Max: 12

Resident: \$8
Non-Resident: \$10

Tue Sep 15 6-6:45pm

Junior Detective

Avery Street Annex

(Ages 3-5) Who stole the cookies from the cookie jar? Follow the clues and lift fingerprints to solve the mystery. Min: 6 Max: 12

Resident: \$8
Non-Resident: \$10

Tue Sep 22 6-6:45pm



Gymnastics

Parent Tot Gymnastics

Artistic Gymnastics

(Ages 18 months-3 years) Experience the joy of jumping, swinging and rolling using gymnastics equipment. Parent participation and supervision is required. Min: 3 Max: 16

Resident: \$35
Non-Resident: \$45

Tue Jul 7-21 9:30-10am
Sep 8-22 9:30-10am

Artistic Gymnastics:
3315 Anvil Place
Raleigh, NC 27603
919.772.9463

Preschool Gymnastics

Artistic Gymnastics

(Ages 3-5) Motor skills, coordination, strength and flexibility are developed in a fun and exciting environment. Preschoolers are challenged on age-appropriate obstacle courses using gymnastics apparatus. Min: 3 Max: 16

Resident: \$40
Non-Resident: \$52

Morning sessions:
Tue May 5-19 9:15-10am
Tue Aug 4-18 9:15-10am

Evening sessions:
Tue May 5-19 7:15-8pm
Tue Aug 4-18 7:15-8pm

Mothers Morning Out

Artistic Gymnastics

(Ages 2-5) Take a break and enjoy a little time to yourself! Our Mothers Morning Out program includes themed lesson plans, gymnastics class, arts & crafts, musical play and a healthy snack! (Participants must be potty trained.)

Resident: \$65
Non-Resident: \$78

Thu May 7 9am-12pm

Preschool

Preschool Sports League

Avery Street Recreation Center

(Ages 4-5) The following are instruction-based leagues designed to teach children teamwork, sportsmanship and basic sports skills. All leagues will place children on a team and provide 5 practices and 3 games that will take place on Saturday mornings at either 8:30 or 9:30 at Avery Street Recreation Center. All preschoolers will receive a team shirt and participation medal at the end of the season Min: 16 Max: 36

Resident: \$30
Non-Resident: \$40



Mini Kickers

In this soccer league preschoolers will develop basic skills. Their coaches will teach them how to dribble, pass and shoot, as well as the difference between offense and defense. There will be a required parents meeting prior to the start of the season on **Tuesday, April 28 at 6pm**. All children will be required to wear shin guards. Cleats are not allowed.

Sat May 2-Jun 20

Mini Sluggers

Throwing, catching, hitting, fielding and base running will be taught in this non-competitive league. All children are required to bring their own glove, and no cleats are allowed. A required parents meeting will take place on **Tuesday, July 14 at 6pm**.

Sat Jul 18-Sept 5

Mini Heisman

Children will learn throwing, catching, running and flag pulling. Play-running and defense will be emphasized by coaches each week. No tackling or cleats will be permitted. A required parents meeting will take place on **Tuesday, September 15 at 6pm**.

Sat Sept 19-Oct 31

Preschool Sports

Preschool Flag Football

Avery Street Recreation Center

(Ages 4-5) Learn the fundamentals of football. This class will give an introduction to catching, passing and running a football. Min: 8 Max: 12

Resident: \$15
Non-Resident: \$22

Wed Apr 15-29 5-5:45pm
Wed Apr 15-29 6-6:45pm

Preschool Floor Hockey

Avery Street Recreation Center

(Ages 4-5) Focusing on motor skills and participation, this class will provide a solid introduction to the sport of floor hockey. Min: 8 Max: 12

Resident: \$15
Non-Resident: \$22

Wed May 13-27 5-5:45pm
Wed May 13-27 6-6:45pm

Preschool Soccer

Avery Street Recreation Center

(Ages 4-5) Experience the fun of youth sports while learning the basic skills of dribbling and shooting while learning differences between offense and defense. Min: 8 Max: 12

Resident: \$15
Non-Resident: \$22

Wed Jun 10-24 5-5:45pm
Wed Jun 10-24 6-6:45pm



Preschool T-Ball

Avery Street Recreation Center

(Ages 4-5) Hitting, throwing and fielding are introduced during these T-ball classes. Gloves are provided, but you are welcome to bring your own. Min: 8 Max: 12

Resident: \$15
Non-Resident: \$22

Wed Jul 15-29 5-5:45pm
Wed Jul 15-29 6-6:45pm

Preschool Basketball

Avery Street Recreation Center

(Ages 4-5) The fundamental skills of basketball and the importance of having fun will be emphasized. Min: 8 Max: 12

Resident: \$15
Non-Resident: \$22

Wed Aug 12-26 5-5:45pm
Wed Aug 12-26 6-6:45pm

Unless otherwise noted, parents are required to stay at all preschool programs and in most cases encouraged to join in the fun!

Camps

Camp Kaleidoscope 2015

Visit Local Parks
Play Games
Water Days
Campivities
And Much More!
Rising 1st-8th Grades
Weekly Registrations Available!



Avery Street Recreation Center

Camp begins June 9

7:30am-6pm

\$75 Resident

\$100 Non-Resident

Maximum: 60 children

\$25 deposit per week to reserve a spot



Please contact Jack Baldwin at 919.662.5051 or jbaldwin@garnernc.gov for more information.

Preschool Camps

Note: Parents are not required to stay during preschool camps.

Preschool Sports Camp

Avery Street Annex

(Ages 4-5) Get ready for football, soccer, T-ball and more! In this three-day mini-camp, preschoolers will learn a variety of skills, while emphasizing the importance of teamwork and sportsmanship. Min:8 Max: 12

Resident: \$30

Non-Resident: \$40

Tue-Thu Jun 23-25 9-11am

Preschool Art Camp

Avery Street Annex

(Ages 4-5) Get ready to cut, glue, color and paint! During this camp, preschoolers will create a variety of craft projects using numbers, colors and shapes. Min: 8 Max: 12

Resident: \$30

Non-Resident: \$40

Tue-Thu Jul 14-16 9-11am

Bitty Band Camp

Avery Street Annex

(Ages 4-5) Strike up the band! Campers will make musical instruments, learn songs and put on a performance the last day. Min: 8 Max: 12

Resident: \$30

Non-Resident: \$40

Tue-Thu July 28-30 9-11am

Preschool Theatre Camp

Avery Street Annex

(Ages 4-5) Lights! Camera! Action! Join us this summer to sing, dress up and perform on a real stage! Preschoolers will put on a performance for family and friends the last day of camp. Min: 8 Max: 12

Resident: \$30

Non-Resident: \$40

Tue-Thu Aug 4-6 9-11am

Financial Assistance Program

In order to assist the children of families with limited financial resources, the Town of Garner has established a financial assistance program. Children of Town residents who are under the age of 18 may qualify for a 50 percent fee reduction of the program registration fee for programs with a fee of \$20 or more. Please contact the Parks, Recreation and Cultural Resources Department for complete details and an application.

Youth

Youth Programs

Artistic Gymnastics:
3315 Anvil Place
Raleigh, NC 27603
919.772.9463

Beginner Gymnastics

Artistic Gymnastics

(Ages 5-12) Children will learn the basics of gymnastics using vault, bars, beams, and a spring floor. They will have fun jumping on trampolines and into the foam pit while developing strength and flexibility. Min: 3 Max: 16

Resident: \$45
Non-Resident: \$57

Thu	May 7-21	7pm-7:55pm
	Aug 6-13	7pm-7:55pm

Youth Open Gym

Avery Street Recreation Center

(Ages 6-17) On Saturday afternoons, youth can stop by the center for activities such as basketball, cards and other games. Pre-registration is not required.

FREE

Sat	Apr 4-May 30	3-5pm
	Aug 8-Sep 26	3-5pm

Soccer Camp

Centennial Park

(Ages 7-16) This week-long camp will focus on the fundamentals of soccer. Learn the proper way to shoot, pass and dribble your soccer ball. Camp is taught by the professionals of Challenge Soccer. Min: 7 Max: 12

Resident: \$145
Non-Resident: \$170

Mon-Fri	Jul 20-24	9am-12pm
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Garner PAAL

Avery Street Recreation Center

The Garner Police Athletics/Activities League is a nonprofit organization that provides opportunities to enhance youth and family achievement while improving police-community relationships and reducing delinquency in our community. Garner Police Officers and join the Avery Street staff every Thursday afternoon to interact with participants of the Avery Street After-school Program. Please visit the PAAL website at garnerpaal.org.

For more information about athletic programs, please contact Jack Baldwin at 919.662.5051 or jbaldwin@garnernc.gov.

After-school Programs

Avery Street After-school

Avery Street Recreation Center

(Ages 5-17) This FREE after-school program is open to all youth actively attending a Wake County school. Children can play basketball or participate in other activities. Avery Street Recreation Center offers students a safe, supervised environment each afternoon.

- The After school Program at Avery Street Recreation Center gives children the opportunity to play or hang out with friends.
- The program is open 2:30-5:30pm, Monday through Friday.
- The gym will be open 3-4:30pm.

A parent/guardian must register their child in person at the Avery Street Recreation Center. Any student 15 or older must provide proof that they are attending an area high school.



Skating

Garner Parks, Recreation and Cultural Resources is partnering with Polar Ice House of Garner to provide ice skating instruction for various age groups. All classes require a \$15/year US Figure Skating membership fee, which will be collected at the rink on the first day of the session. All classes include unlimited public skate passes. No skating experience necessary. Skates are provided by the rink.

Snowplow Sam 1

Polar Ice House of Garner

(Ages 3-5) Whether a future hockey player or figure skater, this is where our tots learn the basics of skating through fun and games. 30-minute class for 8 weeks. Max: 6

Resident: \$87
Non-Resident: \$112

Mon	May 11 - Jun 29	5:45pm
Sat	May 9 - Jun 27	11:15am
Mon	Jul 6 - Aug 24	5:45pm
Sat	Jul 11 - Aug 29	11:15am
Mon	Sep 14 - Nov 2	5:45pm
Sat	Sep 12 - Oct 31	11:15am

Youth Skating Lessons

Polar Ice House of Garner

(Ages 6 & Over) This is a beginner class for youth skaters. Enjoy a fun class atmosphere while learning forward and backward skating, stops, swizzles and more! 30-minute class for 8 weeks. Max: 12

Resident: \$87
Non-Resident: \$112

Mon	May 11 - Jun 29	5:45pm
Sat	May 9 - Jun 27	11:15am
Mon	Jul 6 - Aug 24	5:45pm
Sat	Jul 11 - Aug 29	11:15am
Mon	Sep 14 - Nov 2	5:45pm
Sat	Sep 12 - Oct 31	11:15am

Teen/Adult Skating Lessons

Polar Ice House of Garner

(Ages 13 & Over) This beginner class is geared toward teens and adults who have decided to pick up this sport. Designed to move at the pace of our skaters, learn all the basics to help you reach your skating goals. 30-minute class for 8 weeks. Max: 12

Resident: \$87
Non-Resident: \$112

Sat	May 9-Jun 27	11:15am
Sat	Jul 11-Aug 29	11:15am
Sat	Sep 12-Oct 31	11:15am

Polar Ice House of Garner:
103 New Rand Road
Garner, NC 27529
919.861.7465

Youth

Tennis

Quick Start Tennis

Quick Start Tennis is designed for children ages 5-10. This program uses portable nets, softer balls and youth-size racquets to help your child have immediate success in the sport of tennis. These supplies will also allow us to practice in climate-controlled environments during the cold winter months.

Mite Tennis

South Garner Park Tennis Courts

(Ages 5-8) In this class, your child will learn proper tennis techniques, including the forehand and backhand strokes. Our program follows the USTA standards for 8 and Under Tennis. We will be using the low compression red balls. The program is designed to get the youth playing tennis at a fun, faster and successful rate. Including the forehand and backhand strokes. Basic rules and scoring will be introduced. Min: 5 Max: 12

Resident: \$35
Non-Resident: \$48

Sat	May 2-23	10-10:45am
Sat	Jun 6-27	10-10:45am
Sat	Jul 11-Aug 1	10-10:45am
Sat	Aug 15-Sep 5	10-10:45am

Pee-Wee Tennis

South Garner Park Tennis Courts

(Ages 8-10) In this class your child will learn proper tennis techniques. Our program follows USTA standards for 10 and Under Tennis. We will be using predominately low compression orange balls. The program is designed to get the youth playing tennis at a fun, faster and successful rate. Min: 5 Max: 12

Resident: \$35
Non-Resident: \$48

Sat	May 2-23	11-11:45am
Sat	Jun 6-27	11-11:45am
Sat	Jul 11-Aug 1	11-11:45am
Sat	Aug 15-Sep 5	11-11:45am

Junior Tennis: Beginner-Intermediate

South Garner Park Tennis Courts

(Ages 11-17) In this class your child will learn proper tennis techniques. This class is for beginner to intermediate players. Sessions will cover all ground strokes, volleys and serves and focus on match play and strategy. Min: 5 Max: 12

Resident: \$60
Non-Resident: \$80

Sat	May 2-23	12-12:45pm
Sat	Jun 6-27	12-12:45pm
Sat	Jul 11-Aug 1	12-12:45pm
Sat	Aug 15-Sep 5	12-12:45pm

Public Tennis Courts

The Town of Garner has three locations with tennis courts within our parks system. South Garner Park has three courts and an individual hitting wall. Creech Road Park has 3 tennis courts. Greenbrier Park has one court without lights. All courts are available on a first-come, first-served basis unless scheduled for Parks, Recreation and Cultural Resources Department programs. All courts with the exception of Greenbrier Park are lighted and remain open daily until 10pm.

Greenbrier Park
613 Winterlochen Drive

South Garner Park
1210 Poole Drive

Creech Road Park
190 Creech Road

Youth Basketball

Youth basketball leagues are co-recreational. Each league involves two or three commitments per week. The exact schedule will not be made until registration is complete and the exact number of teams in each league is known. No one will be added to teams or given a refund after player evaluations. First-time players must present a birth certificate at registration. League assignments are based on the player's age as of **May 1, 2015**.

Mite Instructional League

Avery Street Recreation Center

(Boys & Girls Ages 5-7) The goal of this league is to have fun and learn the fundamentals of basketball. We will emphasize skill development and participation. Games will be limited, and the score is not kept. The league meeting will be held on Monday, May 18.

Resident: \$50
Non-Resident: \$65

Mon	May 18	6:15pm
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Mite Competitive League

Avery Street Recreation Center

(Boys & Girls Ages 6-7) Players should have a basic understanding of the game and be able to dribble. Otherwise, the Mite Instructional League is strongly recommended.

Resident: \$50
Non-Resident: \$65

Tue	May 19	6:15pm
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Pee Wee League

Avery Street Recreation Center

(Boys & Girls Ages 8-10)

Resident: \$50
Non-Resident: \$65

Mon	May 18	7:15pm
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Midget League

Avery Street Recreation Center

(Boys & Girls Ages 11-13)

Resident: \$50
Non-Resident: \$65

Tue	May 19	7:15pm
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Junior League

Avery Street Recreation Center

(Boys & Girls Ages 14-17)

Resident: \$55
Non-Resident: \$72

Thu	May 21	6:15pm
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Volunteer Coaches

The Town of Garner Parks, Recreation and Cultural Resources Department is seeking qualified volunteer coaches for youth basketball leagues. Approved applicants will be charged with planning and implementing youth league practices, maintaining communication with players and parents and following the rules of the league and department. For more information and an application, please contact Jack Baldwin at 919.662.5051 or visit our website at GarnerNC.gov.

Youth

Athletic Partner Contact Information

Sport	Provider	Age	Registration	Season
Youth Basketball	GPR&CR	5-17	Mid-April-Late May	June-Early August
	GPR&CR	Boys & Girls 5-7, 13-17	Mid-September-Mid-November	Mid-November-Early March
	Optimist Club	Boys 8-12	Late October	Mid-November-Late February
	Garner AAU Flames	Select Girls 8-13	Fall	Year Round
Youth Baseball	GAYSL	5-14	Early February	March-June
	GAYSL	5-14	Late July	August-October
	GBI	5-18	Early February	March-June
	GBI	5-18	Mid-July	August-October
Pop Warner Cheerleading	Civitan Club	5-15	Late May-June	August-November
Pop Warner Football	Civitan Club	5-15	Mid-March	August-November
Youth Soccer	GASA	5-17	October-December	Mid-February-Early June
	GASA	5-17	May-June	Mid-August-November
Youth Fast-Pitch Softball	GAYSL	5-16	Early February	March-June
	GAYSL	5-16	Late July	August-October
Girls Volleyball	GPR&CR	8-17	Mid-September-Mid November	Mid-November-Early March
Youth Open Gym	GPR&CR	6-17	None	Saturdays, Outside Youth Basketball Season

For More Information, Call:

Garner Parks, Recreation and Cultural Resources (GPR&CR)	Jack Baldwin	919.662.5051
Garner AAU Flames (Select Girls Basketball)	Arne Morris	919.880.1258
Civitan Club Pop Warner Football	Michele Ball	919.418.3062
Civitan Club Pop Warner Cheerleading	Jeralynn Castles	919.779.5297
Garner Area Soccer Association (GASA)	—	garnersoccer.com
Garner Area Youth Sports League (GAYSL) (Fast Pitch Softball & Baseball)	Office	919.779.2499, garnersports.com
Garner Baseball Inc. (GBI)	Office	919.779.6911, garnerbaseball.com
Optimist Club Basketball	Danny Thornton	919.772.8223

Garner Baseball Inc. (GBI)

Garner Baseball Inc. (GBI) offers a variety of baseball programs for children ages 4-18.

Spring Ball: Registration will begin in mid-January, and final registration will be the 3rd Saturday in February. Practices start in early March, and games begin the first week of April. The season typically ends the second weekend in June.

Fall Ball: Registration will begin in June, and final registration will be the first Saturday in August. Practices begin in the middle of August, and games will start after Labor Day. The season typically concludes in late October.

For more information, please visit garnerbaseball.com or call 919.779.6911.



Adult

Athletics

No refunds or transfers given after the registration deadline. A \$5 fee will be charged for all other refunds.

Recreational Softball League

Avery Street Recreation Center

(Ages 18 & Over) Gather friends, co-workers and church members to form a team. Fun, fellowship and equally competitive teams will be the cornerstone of this USSSA league. Games will be scheduled on Tuesday and Thursday nights at Creech Road School Park. A 2 home run rule will be in place, and traditional trophies will be given to the champions. Teams deemed to be too strong by Garner Parks, Recreation and Cultural Resources will be asked to make roster changes. Registration deadline is the night of the league meeting.

Team Fee: \$450 Team Fee
Non-Resident: \$25 per player

Mon Jul 13 6:30pm

Men's 50 Plus Softball League

Avery Street Recreation Center

(Ages 50 & Over) This is a softball league for those who still want to play competitive softball and not have to worry about keeping up with the younger competition. Registration deadline is Monday, July 13 at the required team meeting.

Team Fee: \$450 Team Fee
Non-Resident: \$25 per player

Mon Jul 13 7:30pm

30 & Over Basketball League

Avery Street Recreation Center

(Ages 30 & Over) Teams will be divided on the night of the meeting. If anyone is unable to make the meeting, they will randomly be placed on a team. Games will be played on Tuesdays, Thursdays and possibly Monday nights. We accept only individual entries. The league meeting is Thursday, September 3 at 7pm. Participants will need to bring a valid ID to the league meeting. Online registration deadline is Thursday, September 3 at 5pm. You may register in person the night of the league meeting.

Resident: \$65
Non-Resident: \$85

Thu Sep 3 7pm



Adult Open Gym

Avery Street Recreation Center

(Ages 18 & Over) Come into the center and get some exercise. Enjoy a game of organized pick-up basketball with your friends. For two hours every Wednesday night we have the facility open for adults ages 18 and over to come in and play.

Resident: \$2
Non-Resident: \$3

Wed 7-9pm



Adult Walking

Avery Street Recreation Center

Get out of the heat this summer and walk in the gym at the Avery Street Recreation Center. This program is for adults; however, children may attend.

FREE

Mon, Wed, Fri Apr 6-Jun 5 9-10am

Adult

Fitness

It is the responsibility of the participant to consult a physician before enrolling in any fitness program.

5k Training Program for Beginners

Lake Benson Park Shelter #1

(Ages 16 & Over) 5k training is a fun way to start running, lose weight and feel great. Ease yourself into a running program gradually. This program meets twice a week and will include walking, jogging and interval training. We will end each session with a structured stretching segment. You will be provided with a weekly running log, exercise schedule and nutrition suggestions. Bring a water bottle, yoga mat and lace up your shoes to get ready to have some fun! Inclement weather site is Garner Senior Center. Min: 20 Max: 25 (8 weeks)

Resident: \$55
Non-Resident: \$72

Wed & Fri May 27-Jul 17 6-7am

Cardio Blast Party

Senior Center Fitness Annex

(Ages 16 & Over) Men and women of all fitness levels are welcome at this heart-pumping, fat burning fitness party. Pre-registration is not required for this class. Please bring a mat to class. Max: 50

Resident: \$5
Non-Resident: \$7

Pay at the door (correct change appreciated)

Wed May 13 6:50-8pm
Jul 15 6:50-8pm
Sep 16 6:50-8pm

Cardio Fat Blaster

Senior Center Fitness Annex

(Ages 16 & Over) This class combines heart-pumping cardio and total body-sculpting moves designed to burn fat and reshape your body. Please bring a mat to class. Min: 19 Max: 50 (6 weeks)

Resident: \$21
Non-Resident: \$28

Wed May 20-Jun 24 6:50-7:50pm
Jul 22-Aug 26 6:50-7:50pm
Sep 23-Oct 28 6:50-7:50pm

Fitness Room - Adult Membership

Senior Center Fitness Annex

Our fitness room is available only to members ages 18 and over. We have treadmills, exercise bikes, an elliptical machine and a weight system. A scheduled orientation is required prior to obtaining a membership. Please contact Nancy Hulbert at 919.661.6893 or nhulbert@garnernc.gov for a training appointment.

Resident: \$11/month
Non-Resident: \$13/month

Mon-Thu 4-8pm



Creative Movement

Garner Senior Center

(Ages 16 & Over) This exercise class is designed for adults with developmental disabilities. Sessions rotate between baseball, basketball, volleyball, bowling and dancing. Participants must attend all classes with a caregiver. (6 weeks)

FREE

Tue Apr 28-Jun 2 6pm
Jun 23-Jul 28 6pm
Aug 11-Sep 15 6pm

Dance Fusion

Garner Senior Center

(Ages 16 & Over) This is a great class for dance enthusiasts who want to connect their fitness routine with their love for dance. Fusion involves new dance movements to unique music, combining the fundamentals of hip-hop, Latin, Modern Ballet and African. Min: 17 Max: 30 (6 weeks)

Resident: \$21
Non-Resident: \$28

Mon Apr 27-Jun 8 6-7pm
Jul 6-Aug 10 6-7pm
Sep 14-Oct 19 6-7pm

No Class: May 25

Dance Fusion Drop-In

Garner Senior Center

(Ages 16 & Over) Max: 30 (6 weeks)

Resident: \$5
Non-Resident: \$7

Pay at the door (correct change appreciated)

Mon Apr 20 6-7pm
Jun 29 6-7pm
Aug 31 6-7pm

Daytime Step and Sculpt

Avery Street Recreation Center

(Ages 16 & Over) Push your fat-burning system into high gear by utilizing the step as an effective training tool. An energizing low impact workout with an emphasis on hips, thighs and abdominal muscles combined with upper body sculpting exercises resulting in the ultimate conditioning class. Please bring a mat to class. Min: 10 Max: 20 (6 weeks)

Resident: \$11
Non-Resident: \$13

Wed Apr 29-Jun 3 9:30-10:30am
Aug 26-Sep 30 9:30-10:30am

Early Bird Workout

Senior Center Fitness Annex

If you work out before your day distracts you, your chance of regularly exercising increases. Wake up your body with this class consisting of a combination of strength and cardio training guaranteed to hit every major muscle group. This class meets twice a week for 8 weeks. Min: 10 Max: 50

Resident: \$55
Non-Resident: \$72

Wed & Fri Aug 5-Sep 25 6-7am

Hooping

Senior Center Fitness Annex

Hooping is aerobic exercise that will tone your abdominals, increase cardiovascular stamina and strengthen core muscles. But most importantly, it's fun! Min: 6 Max: 10 (6 weeks)

Resident: \$10
Non-Resident: \$12

Mon Apr 13-May 18 5:15-5:55pm
Aug 17-Sep 28 5:15-5:55pm

No Class: Sep 7

Adult

Fitness

Soul/Urban Line Dance & Get Fit

Garner Senior Center Fitness Annex

(Ages 16 & Over) Come out and join us on Monday nights. A total body workout using line dancing to get a great cardio workout. This is a beginner's class with some advanced beginner's dances in the mix. This class is designed for you to have fun while dancing and exercising to music you will love. Min: 19 Max: 50 (6 weeks)

Resident: \$21
Non-Resident: \$28

Mon	May 11-Jun 22	7:05-8pm
	Jul 13-Aug 17	7:05-8pm
	Sep 14-Oct 19	7:05-8pm

No Class: May 25

Yoga-Fusion

Garner Senior Center

(Ages 16 & Over) Blend the best of yoga stretch poses and pilates core postures. This class will work on increasing range of motion and strengthening the back and core. All fitness and skill levels are welcome. Please bring a mat to class. Min: 10 Max: 25 (8 weeks)

Resident: \$56
Non-Resident: \$74

Tue	May 26-Jul 14	5-6pm
	Aug 4-Sep 22	5-6pm

Yoga-Hatha

Garner Senior Center

(Ages 16 & Over) Enjoy a combination of poses designed to gently stretch and strengthen the body. We end with a restorative deep relaxation that will revitalize you and bring peace to your day. No previous yoga experience required. Please bring a mat, pillow and blanket to class. Min: 10 Max: 25 (8 weeks)

Resident: \$56
Non-Resident: \$74

Tue	May 26-Jul 14	6:05-7:05pm
	Aug 4-Sep 22	6:05-7:05pm

No refunds or transfers given after the registration deadline. A \$5 fee will be charged for all other refunds.

Yoga In The Park-Saturday Morning

White Deer Park Nature Center

(Ages 16 & Over) This is a class geared to new yoga participants. Class will be held outside on the Nature Center Learning Deck, weather permitting. Otherwise, we will be inside the Nature Center Classroom. Please bring a mat and water bottle to class. Min: 10 Max: 30 (4 weeks)

Resident: \$30
Non-Resident: \$40

Sat	May 16-Jun 13	10-11am
	Jul 18-Aug 8	10-11am
	Sep 12-Oct 3	10-11am

No Class: May 23

Yoga in the Park-Saturday Morning Drop-In Class

White Deer Park

(Ages 16 & Over) Not sure you want to sign up for the series? Try our drop-in option! Please bring a mat and water bottle to class. Max: 30

Resident: \$5
Non-Resident: \$7
Pay at the door (correct change appreciated)

Sat	May 9	10-11am
Sat	July 11	10-11am
Sat	Aug 29	10-11am

Zumba

Senior Center Fitness Annex

(Ages 16 & Over) Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away. Achieve long-term benefits while experiencing an exhilarating hour of calorie-burning, body-energizing, crazy and inspiring fitness party. Check it out at zumba.com. Min: 19 Max: 50 (6 weeks)

Resident: \$21
Non-Resident: \$28

Monday Night Zumba

Mon	Apr 6-May 11	6-7pm
	Jun 1-Jul 13	6-7pm
	Aug 3-Sep 21	6-7pm

No Class: Jun 15, Aug 31, Sep 7

Thursday Night Zumba

Thu	Apr 9-May 14	6-7pm
	Jun 4-Jul 9	6-7pm
	Jul 30-Sep 3	6-7pm
	Sep 24-Oct 29	6-7pm

No Class: June 18

Zumba Gold Saturdays

Senior Center Fitness Annex

(Ages 16 & Over) This class is designed to make the plus size woman feel at ease and successful in a group setting. All are welcome! Min: 19 Max: 50 (4 weeks)

Resident: \$14
Non-Resident: \$18

Sat	Apr 25-May 16	9:30-10:30am
	Jun 6-Jun 27	9:30-10:30am
	Sep 12-Oct 3	9:30-10:30am



Like Garner Senior Center on Facebook to keep up with events and other news!



Adult/Senior

Art & Education

"On The Mend"– Volunteer Projects

Garner Senior Center

Volunteers donate hundreds of handmade items to hospitals, nursing homes, same-day surgery centers, Interact, etc., sharing a talent of sewing, knitting, crochet and a lot of love to those in our community who are "on the mend." Group meets two days to collect projects for distribution and share in the work.

FREE

Mon 10am-12pm
Tue 10am-12pm

"Dress A Girl Around the World"

Volunteer Project

Garner Senior Center

Using pillowcases and other donated items, volunteers make simple alterations to make dresses for children that are underclothed in third world countries. Donations of time and materials are needed to protect the dignity of young girls. Please bring a portable sewing machine to use, if possible. Min: 3 Max: 15

FREE

4th Mon 1:30-3:30pm

Woodcarving

Garner Senior Center

Group meets weekly for beginner or accomplished carvers. Chip carving, in-the-round and relief carving instruction is provided by Don Moyer and Danny Mills. You must provide your own supplies. Min: 3 Max: 15

FREE

Wed 12:30-3:30pm

Expressions in Mixed Media

Garner Senior Center

Learn to create beautiful art using a variety of paints, pencils, paper, etc. Students will be guided through easy projects as they learn new techniques for painting, collage, journaling and more! Each session will have a specific project, but students are always encouraged to step out and try their own ideas. Pre-registration is required. Specific projects to be announced prior to each class. Supply list available upon request. Min: 3 Max: 15

Resident: \$10+Supplies
Non-Resident: \$13+Supplies

3rd Thu 10am-1pm

Arts League of Garner

Garner Senior Center

(Ages 16 & Over) The Arts League of Garner welcomes any visual artist, beginner or advanced, interested in fellowship and networking with other artists. The Arts League is sponsored by Garner Parks, Recreation and Cultural Resources, offering meeting space and support with community projects. The Arts League co-hosts an open studio weekly on Thursday evenings free of charge at the Garner Senior Center. No fees or dues, just an interest in advancing the vision of the arts in the community.

Meetings: 4th Thu 7pm
Open Studio: Each Thu 5-8pm

Needlework Group

Garner Senior Center

Bring your knitting, crochet and cross stitch projects. Give and receive some peer support. This is a social group that shares talents and skills. Min: 3 Max: 15

FREE

Fri 10am

Acrylic Painting Art Studio

with John Duzs

Garner Senior Center

Learn painting for the first time or brush up on your skills as an accomplished artist. Studio instruction is available on a week to week basis. You may start at any time. Supply lists are available at the front desk. Min: 3 Max: 15

Resident: \$10/class
Non-Resident: \$13/class

Fri 10am-1pm

Tablet Tips with GSC Staff

Garner Senior Center

Bring in your iPad or tablet device and receive free help from staff. Topics will be discussed as a group. Individual help will be available if time allows.

FREE

1st Fri 10:30-11:30am



Art Fusion Paint Party

Garner Senior Center

(Ages 16 & Over) Art Fusion Paint Party workshops will introduce you to the joys of painting. Never picked up a paint brush? Can't draw a straight line? Don't worry. Just follow along step by step with the encouragement of our instructor as you complete a beautiful 16 x 20 acrylic painting in one class. Discover a new sense of creativity while you learn how to paint in a supportive atmosphere. All supplies for completed painting included in \$10 supply fee. Call to inquire about scheduling Paint Parties for your special group. Pre-registration is required.

Resident: \$20
Non-Resident: \$26

* An additional supply fee of \$10 payable to instructor

1st Wed 6-8pm

Apr 1 Flower Power
May 6 Spring Blossoms
Jun 3 Beach Blanket Bingo
Jul 2 Celebration
Aug 5 Starry Summer Night
Sep 2 Bountiful Harvest

CPR/AED/First Aid Certification

Garner Senior Center

Receive workbook, First Aid Quick Guide, instructional DVD and certification in Adult CPR/AED/First Aid. Min: 4 Max: 8

Resident: \$15
Non-Resident: \$18

Mon & Wed May 11 & 13 1-4pm

Yard Sale

Garner Senior Center

Here is your opportunity to downsize and get rid of some clutter. Garner Senior Center will manage the advertising and provide you the opportunity to make a few extra dollars for summer vacation. Tables and chairs will be available on a first come, first served basis. You may price and store items overnight to prepare for the Saturday event. You must be a registered member of the Senior Center to participate. You must manage your own sales. Please do not include clothing in your merchandise.

Fee: \$20 for a 10x10 space; additional space maybe purchased based on availability.

Fri May 15 4pm
Set up and pricing

Sat May 16 8am-1pm
Yard Sale (Sellers may arrive at 7am to set up)

Senior

Trips & Events

Tree Camp

White Deer Park

A 2-hour leisurely walk around White Deer Park with herbalist Dave Owen. We will study the diversity of our native trees using a Piedmont tree checklist, focusing on their importance ecologically and aesthetically and their use as traditional herbal medicine in making twig bark teas. Need to be able to stand for 2 hours and walk 2 miles. Registration deadline April 13. Min: 6 Max: 24

Resident: \$18
Non-Resident: \$24

Thu Apr 23 10am-12pm

Small Town Tours

Depart from Garner Senior Center

Leisurely self-guided tours through some charming small towns. Shopping and lunch on your own. You must be able to walk unassisted for at least 1 mile. Min: 6 Max: 12

Southern Pines, NC

Thu Apr 30 9am depart
4pm return

Resident: \$15
Non-Resident: \$20

Apex/Holly Springs, NC

Thu Aug 27 9am depart
4pm return

Resident: \$10
Non-Resident: \$13

North Carolina Zoo

Depart from Garner Senior Center

Discover more than 1,600 animals and 52,000 plants along five miles of shaded pathways. Need to be able to walk unassisted. Lunch on your own. Registration deadline April 20. Min: 20 Max: 24

Resident: \$18
Non-Resident: \$24

Thu May 7 9am depart
4pm return

Tour of Historic Oakwood Cemetery

Depart from Garner Senior Center

Guided tour of Historic Oakwood Cemetery Raleigh. Need to be able to walk unassisted for 2 miles. Lunch on your own. Registration deadline April 27. Min: 6 Max: 12

Resident: \$5
Non-Resident: \$7

Fri May 15 9:30am depart
2pm return

Durham Bulls Baseball Game

Depart from Garner Senior Center

Enjoy an evening of AAA Baseball at the home of the Durham Bulls as they take on the Charlotte Knights. Cost includes mid-grade tickets and transportation. Min: 6 Max: 12

Resident: \$15
Non-Resident: \$20

Tue Jun 2 5:30pm depart

Carolina Mudcats Baseball Game

Depart from Garner Senior Center

Travel with us to Five County Stadium, home of the Carolina Mudcats Division A Baseball, where they'll play the Fredrick Keys. Min: 6 Max: 12

Resident: \$15
Non-Resident: \$20

Thu Jul 30 5:30pm depart

Museum and Gallery Field Trips

Depart from Garner Senior Center

Register for guided tours through Raleigh's finest attractions, our state museums. You must register for each individual trip. Lunch on your own. Min: 6 Max: 12

Resident: \$5 Each Trip
Non-Resident: \$7 Each Trip

North Carolina Museum of Art

Raleigh, NC

Thu Sep 10 10am-2pm

North Carolina Museum of Natural Science

Raleigh, NC

Thu Sep 17 10am-2pm

North Carolina Museum of History

Raleigh, NC

Thu Sep 24 10am-2pm

Garner Senior Center

Garner Senior Center offers fitness, arts, education and leisure programming for adults 55 and better. Designated a North Carolina Center of Excellence, this 18,000-square-foot facility also houses Meals on Wheels, Resources for Seniors and the Town's adult (16 & Over) fitness classes.

Hours of Operation:

Monday-Thursday: 8am-8pm
Friday: 8am-5pm

Front Desk: 919.779.0122

Meals on Wheels: 919.772.5057

Resources for Seniors: 919.661.6894



Senior

Fitness Room - Senior Membership

Senior Center Fitness Annex

Our fitness room is available only to members. We have treadmills, exercise bikes, an elliptical machine and a weight system. **Membership is not included in the Fitness Pass.** To be eligible for a senior membership you must be 55 & over and be a member of the Garner Senior Center. Please contact Nancy Hulbert at 919.661.6893 or nhulbert@garnernc.gov to schedule an orientation prior to obtaining membership.

Resident: \$11/month
Non-Resident: \$13/month

Mon-Thu
Fri

8am-8pm
8am-5pm

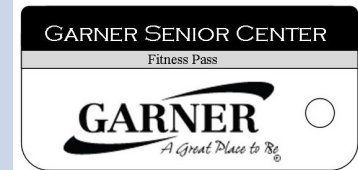
Garner Senior Fitness Pass

Senior Center Fitness Annex

Purchase an annual pass to participate in senior fitness classes and programs. Enjoy up to 17 classes/athletic programs offered each week. Programs included are listed on page 27.

Jan 1 - Dec 31, 2015

Resident: \$20
Non-Resident: \$35



Fitness

TOPS

Garner Senior Center

Take Off Pounds Sensibly (TOPS) is a non-profit organization offering a healthy, caring and supportive approach to weight control since 1948.

Fee: Small fee payable to TOPS, Inc.

Mon 6pm

Line Dance Workshops

Senior Center Fitness Annex

All are welcome to come and review the basic steps and terminology used in line dancing. These classes are held once a month for 30 minutes. Min: 10 Max: 50

Fee: Included in Fitness Pass

3rd Thu 4:30-5pm

Line Dance Party

Senior Center Fitness Annex

Come enjoy "Line Dancing the Night Away." The evening includes two hours of line dancing with many styles of music and a variety of talented instructors. Pre-registration is not required.

Resident: \$5
Non-Resident: \$7

Pay at the door (correct change appreciated)

Fri Apr 10 6:30-8:30pm

Senior Beginner Golf Clinic

Senior Center Fitness Annex

It's never too late to learn how to play golf. Learn the basics of playing golf. Grip, alignment, stance, wedging, chipping, putting, proper etiquette and rules will all be covered in this introductory class. A #1, #3 driver or fairway club is required. Min: 4 Max: 10 (4 weeks)

Resident: \$12
Non-Resident: \$15

Wed May 6-27 11am-12pm
Sep 9-30 11am-12pm

Senior Hooping

Senior Center Fitness Annex

Hooping is aerobic exercise that will tone your abdominals, increase cardiovascular stamina and strengthen core muscles. But most importantly, it's fun! Min: 6 Max: 10 (6 weeks)

Resident: \$10
Non-Resident: \$12

Thu May 14-Jun 18 2-2:45pm
Aug 20-Sep 24 2-2:45pm

Introduction to Line Dancing

Senior Center Fitness Annex

Start here to learn the basic steps and terminology of this popular form of exercise. Min: 10 Max: 50 (8 weeks)

Fee: Included in Fitness Pass

Wed May 27-Jul 15 11-11:55am
Aug 5-Sep 23 11-11:55am

Drumming Circle

Garner Senior Center

Recent research indicates that drumming accelerates physical healing, boosts the immune system and produces feelings of well-being, a release of emotional trauma and reintegration of self. Drumming induces deep relaxation, lowers blood pressure and reduces stress. And it's fun! All are welcome. Min: 6 Max: 24 (6 weeks)

Resident: \$25
Non-Resident: \$33

Thu May 21-Jun 25 10:30-11:15am
Sep 24-Oct 29 10:30-11:15am

Drumming Circle Drop-In

Garner Senior Center

Resident: \$5
Non-Resident: \$7

Thu May 14 10:30-11:15am
Sep 17 10:30-11:15am

The Award-Winning Garner G SQUAD

Garner Senior Center

We are looking for men and women that are 55+ and members of the Garner Senior Center. Some dancing ability, rhythm, coordination, time commitment and ability to learn and perform various dance routines required.

Hip hop dance routines will be choreographed for senior amateurs with limited experience.

There is a fee involved for dance shoes, travel, costumes and entry fees. Practices are Wednesdays 3:30-5pm. Goal performances include: North Carolina Wake County Senior Games, Garner Showcase of Talent, Light Up Main and Garner Christmas Parade. Informational meeting Wednesday, September 9 at 4pm at the Garner Senior Center. All are welcome!

Garner Senior Center Ongoing Programs

For class descriptions or more information call the Senior Center at 919.779.0122.

“Senior Fitness Pass”: January 1-December 31, 2015 **Resident:** \$20 **Non-Resident:** \$35
 July 1-December 31, 2015 **Resident:** \$10 **Non-Resident:** \$18

Programs included in the “Senior Fitness Pass” are marked below with “♦”. Please inquire at the front desk for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Indoor Walking 9:00 Tennis (<i>off site</i>) 9:00 Intro to Pickleball ♦ 9:30 Chair Fitness (<i>video</i>) 10:00 On the Mend 10:30 Beg Line Dance ♦ 12:00 Turtle Walking 12:00 Bowling (<i>off site</i>) 12:30 Pinochle 1:00 Scrabble 2:00 Indoor Walking 3:00 Basketball-Open Play ♦ 4:30 Senior Yoga (bring a mat) ♦ 6:00 TOPS	8:00 Indoor Walking TBA Fun Golfers (<i>off site</i>) 9:30 Senior Fitness/ Zumba Gold ♦ 10:00 On the Mend 11:00 Line Dancing ♦ 12:30 Bridge 12:30 Card Games 12:30 Indoor Walking 1:00 Chess Lessons 1:30 Pickleball- competitive ♦ 3:30 Pickleball- noncompetitive ♦	8:00 Indoor Walking 9:30 Table Tennis-doubles ♦ 9:30 Chair Fitness (<i>video</i>) 10:00 Blood Pressure Check *1st and 3rd 11:00 Intro Line Dancing ♦ *8 week sessions 12:00 Turtle Walking 12:00 Woodcarving 12:15 Chorus 1:30 Canasta 1:30 Bingo 1:30 Dominos 2:00 Indoor Walking 3:30 Men's Basketball ♦ 5:45 Senior Fitness (bring a mat) ♦	8:00 Indoor Walking 9:00 Tennis (<i>off site</i>) 9:30 Senior Fitness ♦ 12:00 Bowling (<i>off site</i>) 12:30 Card & Board Games 1:00 Indoor Walking 1:00 Movie Matinee (1st Thurs of the month) 1:00 Bridge Lessons 4:30-5:00 Line Dance Workshop (3rd Thurs)- Check monthly newsletter for dates ♦ 5:00 Beginner Line Dancing ♦ 5:00-8:00 Games & Cards 5:00 Open Art Studio	8:00 Indoor Walking 9:30 Chair Fitness (<i>video</i>) 9:30 Table Tennis- doubles (competitive) ♦ 10:00 Needlework 10:30 Pickleball- noncompetitive 11:45 Stretch & Flex ♦ 12:30 Bridge 12:45 Beginner Table Tennis ♦ 1:00 Hand & Foot (cards) 1:30 Pickleball- competitive ♦ Center Closes at 5pm

“Senior Fitness Pass” does not include access to the fitness room. Please visit page 26 for pricing and additional information on fitness room membership.

Senior

Health & Wellness

(Ages 55+)

Sponsored by Resources for Seniors (RFS)

Working Through Your Grief

Garner Senior Center

Sessions designed to educate, support and encourage individuals who have experienced the loss of a loved one or friend. Co-sponsored by Heartland Hospice.

FREE

2nd Mon 10am

Heart Connection Group

Garner Senior Center

Sessions designed to educate, support and encourage individuals who provide care to a loved one or friend. Co-sponsored by Heartland Hospice.

FREE

4th Mon 10am

Diabetes Support Group

Garner Senior Center

Managing diabetes is a lifestyle. Join others who are embracing this challenge. Share your ideas for embracing your world every day. Co-sponsored by Kroger Pharmacy.

FREE

2nd Tue 10am

Blood Pressure Screening

Garner Senior Center

Do you know your numbers? Be prepared for your next doctor's appointment by having your blood pressure checked and recorded each week. Co-sponsored by All Staff Solutions, Sunnybrook, The Laurels and RFS.

FREE

1st & 3rd Wed 10am



Like Garner Senior Center on Facebook to keep up with programs, events and other news!

SHIIP Counseling

Garner Senior Center

Senior Health Insurance Information Program. We will help you understand your options. There are one-on-one counseling sessions. Please call Rebecca at 919.661.6894 for an appointment.

FREE

2nd & 4th Wed 1-4pm

Medicare Advantage Insurance

Garner Senior Center

Do you have questions about Medicare Advantage plans? Come let an expert assist you with getting a better understanding of the plan. Presented by AmeriLife and Health Services.

FREE

Wed Apr 1-May 6 10am

Alternate Ways of Living/Part I

Garner Senior Center

There are many ways to live your life. Staying in your home is best but there are many great alternatives. Come and find out what they are and if they could work for you. Pre-registration is required.

FREE

Mon Apr 6 10:10am

AARP Driver's Safety

Garner Senior Center

Tune up your driving skills and update your knowledge of the rules of the road. Co-sponsored by AARP. This certificate may lower your car insurance premiums.

Fee: \$15/AARP Members
\$20/Non-Members

Thu Apr 9 9am-1pm



Downsizing Your Life

Garner Senior Center

Is there a lot of clutter in your living space? Learn how to downsize your life without losing all of the precious memories you have collected over the years. Pre-registration is required. Presenter by Silver Lining.

FREE

Thu Apr 16 10:15am

Funeral Planning

Garner Senior Center

Have you made plans for the future? Come out and ask questions about current trends and cost for funerals. Pre-registration is required. Presented by Lea Funeral Home.

FREE

Thu May 7 10:15am

Tue Jun 2 10:15am

Annual Mammograms/Rex Mobile

Garner Senior Center

Be healthy and aware about breast cancer and your risks. Sign up for a free on-site mammogram screening. Register with the Resources for Seniors Service Coordinator.

FREE with most insurance

Tue May 12 9:30am-3pm

Understanding the Funding Stream

Garner Senior Center

Come learn more about the sources of the funding for the programs you use and enjoy. Pre-registration is required. Presented by NC Division of Aging/Adult Services.

FREE

Tue May 19 10:15am

Legal Aid of NC Mini Legal Clinic

Garner Senior Center

A lawyer from Legal Aid will be here for individual appointments at 30-minute intervals. You must be a resident of Wake county to be eligible to utilize this service. Pre-registration is required. There are income requirements.

FREE

Thu May 21 10am-12:30pm

Senior

Health & Wellness

Summer Time Fire Prevention

Garner Senior Center

A fire is tragic any time of the year. Summer-time fires are just as serious and deadly. Learn more about fire prevention. Pre-registration is required. Presented by: Garner Fire-Rescue.

FREE

Thu Jun 11 10:15am

Symptoms of Dementia

Garner Senior Center

Are you noticing changes in yourself or a loved one's cognitive skills? Come learn about the symptoms of dementia. Pre-registration is required. Presented by: Extension of You Home Care

FREE

Mon Jun 15 10:15am

Celebrating Your Blessings

Garner Senior Center

Every day on earth is a blessing. Come and share what you are most grateful for in your life. It will be a fun and enlightening discussion. Pre-Registration is required. Presented by: Silver Lining

FREE

Thu Jul 9 10:15am

Arthritis

Garner Senior Center

Are you showing early signs of arthritis, or have you had it for quite some time? This discussion is about the symptoms and ways to decrease the pain. Presented by: Extension of You Home Care

FREE

Thu Jul 16 10:15am

Fall Prevention

Garner Senior Center

Are you feeling unsteady on your feet lately? Is your home organized in such a way to prevent or limit your chances of falling? If yes, then this class is for you. Pre-Registration is required. Presented by: The Extension of You Home Care

FREE

Mon Jul 20 10:15am

What is Hoarding?

Garner Senior Center

Too much clutter and not enough space? Are you constantly losing items in your home? Is it difficult to move around from room to room? Are you embarrassed to have guests or family in your home? Let's discuss the difference between minor clutter and full-blown hoarding. Pre-registration is required. Presented by: Rebecca J. Brown, RFS

FREE

Thu Aug 6 10:15am

Alternate Ways of Living/Part II

Garner Senior Center

There are many ways to live your life. Staying in your home is best but there are many great alternatives. Come and find out what they are and if they could work for you. Pre-registration is required.

FREE

Mon Aug 10 10:10am

AARP Driver's Safety

Garner Senior Center

Tune up your driving skills and update your knowledge of the rules of the road. Co-sponsored by AARP.

Fee: \$15/AARP Members
\$20/Non-Members

Thu Aug 13 9am-1pm

Living Wills & Advanced Directive

Garner Senior Center

Do you need to discuss what is required by law to have a living will or an advanced directive? Pre-registration is required. Presented by: Legal Aid of North Carolina

FREE

Tue Aug 18 10am-12:30pm

Life Writing Classes - Dr. Clark

Garner Senior Center

Write when you are ready. Dr. Jim Clark, retired NCSU English Professor, will lead you in writing memoirs. He sets the stage for stories to flow. There is limited space, so register early for this popular class.

FREE

Wed Sep 1-29 10am

Annual Flu Shots/Medicap Pharmacy

Garner Senior Center

Be healthier this year and get your annual flu shot in your community. Register with the Resources for Seniors Service Coordinator on site. Please bring in your Medicare card or other current insurance card when your pre-register. Registration begins August 17.

FREE with most insurance

Thu Sep 24 8:30-10:30am



Shelter and Field Rentals

Shelter Rental

Several of our parks feature shelters that accommodate groups of 15 to 150 people. Check our website at **GarnerNC.gov** for more information.

General Rules for Shelters

- Shelters may be reserved up to **90 days ahead**, but no less than **56 hours** in advance.
- Special equipment and amplification of sound are generally not permitted. Check with Garner Parks, Recreation and Cultural Resources if you have special programs or needs.
- Pig cookers are only allowed at Lake Benson Park's Shelter #1. No other personal grills are allowed.
- The reserving group is responsible for clean-up.
- Shelters are available from 8am until dark year-round.
- All special events must be approved by the Town of Garner. You may obtain a copy of the Town's Special Events Policy from the Parks, Recreation and Cultural Resources Department.
- No refunds will be given for inclement weather.

Parks with Shelters

White Deer Park - 5 Shelters
Lake Benson Park - 4 Shelters
Centennial Park - 1 Shelter
Rand Mill Road Park - 1 Shelter
Greenbrier Park - 1 Shelter
Jaycee Park - 1 Shelter
Creech Road Elementary School Park - 1 Shelter



Athletic Field Rental

The Garner parks system features several athletic fields that can accommodate pick-up play or organized events. Many Town-supported leagues use the facilities for practices and games during the season. When they are not already scheduled, you may use one of our fine facilities.

Garner Recreational Park has two baseball fields with lights.

South Garner Park has three softball fields and a full-size soccer field. All fields are lighted for nighttime use.

Centennial Park has quickly become a favorite with the soccer community. The large, flat space can be configured to a variety of soccer field sizes.

Creech Road Elementary School Park features an adult-size softball field with lights. When combined with the shelter, this park provides a great setting for a company softball game and picnic.

Thompson Road Park is a practice facility which boasts two large multi-purpose fields. This park provides an ideal space for soccer, flag football or other youth activities.

Rand Mill Road Park has an unlighted baseball field available for day-time use.

**Please contact Jack Baldwin
for athletic field availability and rental rates
at 919.662.5051.**



**For picnic shelter information please
contact the main office:
919.773.4442**

Indoor Rental Facilities

Avery Street Recreation Center

125 Avery Street, Garner, NC 27529

919.662.5051

Why not have your end-of-season party at Avery Street Recreation Center? The Recreation Center features a gymnasium with a wood floor surrounded by two multipurpose rooms, plus a game room and the Avery Street Park playground. Each multi-purpose room can accommodate a meeting of up to 20 people. For more information about the Avery Street Recreation Center, please call 919.662.5051.

Avery Street Annex

201 Avery Street, Garner, NC 27529

919.662.5051

The Avery Street Annex consist of three spacious classrooms and bathrooms. The classrooms have adult and children-size tables and chairs with a maximum capacity of 25 adults per classroom. The rooms can be set up for meetings or birthday parties. For more information about rental rates or availability, please contact the Avery Street Recreation Center at 919.662.5051.

Garner Performing Arts Center

742 West Garner Road, Garner, NC 27529

919.661.6988

With 471 seats, Garner Performing Arts Center adapts well to a variety of uses. Groups and individuals may rent the facility for public and private special events. The Performing Arts Center contains an expansive stage and backstage area, cushioned seating, fly space and rails, separate dressing rooms with restrooms, a green room and loading dock. For more intimate gatherings, the beautifully appointed front lobby, seating 50, and backstage lobby, seating 20, each provide a backdrop to celebrate a special occasion. A piano, podium, limited number of tables and folding chairs may be used for no additional charge. The facility may be reserved by contacting the Garner Performing Arts Center at 919.661.6988.

Garner Senior Center

205 East Garner Road, Garner, NC 27529

919.779.0122

Great for birthday parties, family reunions, wedding receptions, special church functions and baby showers, the Garner Senior Center rents portions of the facility for non-profit events. The rental space can be set up to hold 150 people. The facility is available on weekends when recreation programs are not already scheduled. Reservations are accepted 90 days prior to the event. For more information, please contact the Garner Senior Center at 919.779.0122.

White Deer Park Nature Center

2458 Aversboro Road, Garner, NC 27529

919.661.6982

Located in White Deer Park, the Nature Center offers a classroom with seating for 96 people or tables and chairs for up to 70 people. The learning deck is also available for rental with use of the classroom. Rentals are available when the facility is not being used by the Town of Garner for programs. For more information, please contact staff at White Deer Park Nature Center by calling 919.661.6982.





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 RecreationAndCulturalResources](https://facebook.com/GarnerParksRecreationAndCulturalResources)



Follow us on
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 @GarnerPRCR



Join eClub
 for the most up-to-date
 events in Garner.
GarnerNC.gov/eClub



Discover. Play. Celebrate.

with Garner Parks, Recreation and Cultural Resources



March

Arbor Day*

White Deer Park Nature Center
 3/20 12pm

Balsam Range

Garner Performing Arts Center
 3/21 7:30pm

Spring Eggstravaganza*

Lake Benson Park
 3/28 10am

April

War at Your Door

Garner Performing Arts Center
 4/9-10 7:30pm

Big Sweep/Litter Sweep*

White Deer Park
 4/18 9am

May

Shadows of the 60's

Garner Performing Arts Center
 5/2 7:30pm

Friday Family Flicks*

Monsters University
 Lake Benson Park
 5/8 8pm

Memorial Day Observance*

Garner Veterans Memorial
 5/25 1:30pm



June

Friday Family Flicks*

Spongebob: Sponge Out of Water
 Lake Benson Park
 6/12 8:30pm

July

Town of Garner's Independence Day Celebration*

Lake Benson Park
 7/3 5pm

September

Carnaval Latino*

Garner Performing Arts Center Back
 Lawn
 9/13 1pm

* Denotes FREE events

919.773.4442

GarnerNC.gov